



Aging and Disability
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on
Facebook

Dodge County ADRC



www.co.dodge.wi.gov

ADRC Recipe Box

Rhubarb Strawberry Crunch



Ingredients

- ◆ 1 C. white sugar
- ◆ 3 T. all-purpose flour
- ◆ 3 C. sliced fresh strawberries
- ◆ 3 C. diced rhubarb
- ◆ 1 1/2 C. all-purpose flour
- ◆ 1 C. packed brown sugar
- ◆ 1 C. butter
- ◆ 1 C. rolled oats

Directions

1. Preheat oven to 375 degrees.
2. In large bowl, combine white sugar, 3T. flour, strawberries, and rhubarb. Place mixture in 9x13 baking dish.
3. Mix 1 1/2 C. flour, brown sugar, butter, and oats until crumbly. Crumble on top of strawberry and rhubarb mixture.
4. Bake 45 minutes in oven, or until crisp and lightly browned.

Ever wonder what to do
with that big rhubarb
plant in the garden?
This is your answer.

Serves: 18 Cals: 253

For more recipes like this, head to allrecipes.com



TO OUR FRIEND:

Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039



Connecting You with
Supports and Services



199 County Road DF - 3rd Floor • Juneau, Wisconsin 53039
920-386-3580 or 800-924-6407

Supervisors Report...

*From the Desks of Kris Schefft
and Jackie DeLaRosa*



**ON THE
FRONT LINES**

The ADRC is taking every precaution to minimize the risk and exposure to our residents while continuing to provide essential services. Please check out our Facebook page to get the latest resources and learn more about the Center for Disease Control's fact sheet on tips to protect yourself during this health emergency.

Since mid-March, in response to concerns surrounding COVID-19, we implemented some changes to our programming. As you know, our cherished volunteers are the backbone to many of our program operations. In great efforts to protect our volunteers AND our participants, the ADRC staff have taken over the delivery of home delivered meals to eligible seniors in Dodge County. Instead of daily deliveries of hot meals, the ADRC has converted to a once per week delivery of 5 frozen meals. This keeps our volunteers safe at home, and also minimizes risk to our participants by decreasing the number of physical delivery contacts. We are still able to call and check on our participants daily.



We are also partnering with other agencies in our communities to ensure that eligible residents receive nutritional supports during these difficult times. We are delivering food boxes and working on implementing additional programs to meet the changing needs of our residents.

We continue to offer transportation services. This is another program strongly supported by our volunteers. It is extremely important to keep our volunteers safe at home, so we have made some modifications to ensure that we are able to continue to operate by providing essential medical rides. We also want to recognize those volunteers that continue providing services at this time. We are so touched by the way our communities and people are supporting each other!



The ADRC continues to provide essential functions by having staff available both working remotely from home and in the office. Wellness checks are done regularly, and referrals to services continue. Our state agencies have provided latitude in that tasks that are normally done face-to-face can now be done over the phone with supporting documentation. An increasing need is finding new ways to support caregivers. Our Caregiver Coordinator has been sending care packages and finding new, innovative ways to provide education and support.

We want all of you to be safe at home during this health emergency. Unfortunately, at this time, we do have to cancel our special annual volunteer recognition event but we plan to celebrate with our volunteers once we are able to.

To that end, we want to thank all of our volunteers and staff that work tirelessly to ensure that we are ready to respond to the changing needs, and remain the top-notch resource provider for our residents.

During these challenging times, our top priority is the communities and people that we serve.



Spring Issue 2020

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The ADRC and
Aging
Programs in
Dodge
County
are just a
phone
call away!



920-386-3580
or
800-924-6407



Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft
 Aging/Nutrition/Transportation Supervisor.....Jackie DeLaRosa
 Aging & Disability Resource
 Specialists.....Diane Coulter, Pam Couperus, Heather Ehrlich,
Morgan Leistikow, Vicki Zimmerman
 Caregiver Program Coordinator.....Catherine Knickelbein
 Community Education Coordinator.....Olivia Gerritson
 Customer Service & Support Staff.....Jackie Wendlandt,
Jeannette Moon, & Hannah Rohlinger
 Dementia Care Specialist.....Rob Griesel
 Dining Center Managers.....Melva Brown-Dring, Judy Hedstrom,
Jane Hilgendorf, Barbara May,
Rose Newman, Marcey Sage, Judy Schraufnagel,
Jill Weisensel, Linda Zastrow, Joan Zehner
 Disability Benefit Specialist.....Ashley Sanborn, Briann Susdorf
 Elder Benefit Specialist.....Amanda Higgins, Briann Susdorf
 Transportation Coordinator.....Elaine Deblare
 Van Drivers.....Bill Benedon, Mark Callies, Jerry Groehler,
Mike Falkinham, JJ Johnson, John Leitner,
Greg Maier, Dave Pasewald, Robert Petrick, Keith Wendlandt

2020 Welcome To Medicare Workshops

- ♦ Are you or someone you know turning 65 this year?
- ♦ Confused about your Medicare options?
- ♦ What plan is right for you?
- ♦ Come learn about the A, B, C, and D's of Medicare.

Thursday, May 21 4 - 7 pm

Monday, June 15 1 - 4 pm

***Tuesday, July 14 9 - Noon**

**class is open to any persons under 60
who are or will be eligible for Medicare in
the upcoming months*



My name is Keith Wendlandt. I am currently working as a part-time fill in transportation van driver. My wife Suzanne and I have five adult children, one daughter-in-law, and two son-in-laws. I enjoy watching our five grandchildren growing up and attend many events they are involved in. Also, hunting, fishing, wood carving, and watching the Badgers, Packers, and UFC take up my idle time.

Our Valuable Volunteers

*"Not everything that counts can be counted. And
not everything that can be counted, counts."
Albert Einstein*

**What is a volunteer? What is the value
of volunteering? Volunteering is about
giving, contributing and helping other
individuals and the community.
Volunteering means working with
others to make a meaningful
contribution to a better community.**

Starting with our April newsletter, we will

be featuring some of our valuable volunteers. We have 250+ volunteers. Without them, the services we are able to provide for the community would not be possible.

This is Earl. Earl is going into his 3rd year driving for Dodge County Transportation. Not only is Earl involved in transporting the aging population and individuals with disabilities, he is a part of other non-profit organizations within the county as well. The Aging and Disability Resource Center of Dodge County would like to congratulate you, Earl, on your long standing contributions to our community.



Elder Benefit Specialist Office Hours - ON HOLD FOR APRIL

1st Wed of month 10 am-Noon @ Watermark in BD

2nd Thurs of month 1-3 pm @ Bay Shore Apartments

4th Mon of month 10 am-Noon @ Watertown Senior Ctr



When Caregiving Ends



The greatest thing you can give someone is your time, your love and your concern.

Taking care of a loved one takes a lot of time and energy. Your own needs move lower on the priority list as you spend more time caring for your loved one. You start saying no to the weekly coffee clutch, decrease the number of

days you participate in volunteer or paid work, leave your Favorite hobbies on the shelf and slow down your travel plans. As your loved one needs more and more assistance it is tempting to just drop out of everything so you can be there for the person as much as possible. While your intentions might be good, giving up things you enjoy also has negative consequences. The stress of intense caregiving can put your physical and mental health at risk now and leave you vulnerable when your role as caregiver is over.

When deciding what activities to give up to be a caregiver, don't just think about your life situation now but also ask yourself the question, ***"What will I do when I am no longer needed as a caregiver?"*** The death of my father left my mom with an entirely new life ahead of her. She went from having her days filled with caring for my dad to a world in which she lives alone. For several years she put her activities on hold and put Dad's needs first.

During that time, I encouraged Mom to keep doing some of those things she really loved, even if it was infrequently. At the time, my hope was to keep her healthier and happier by designating time out of the week for herself. But now I see that keeping active in those activities was important in another way, too. Finding a new routine for her life now is a little easier because she remained involved with those activities. Had she given up everything, her whole identity would be lost now.

No matter what, life after caregiving will be a transition and will be a difficult adjustment. Here are some points to consider to help you when your job as caregiver has ended:

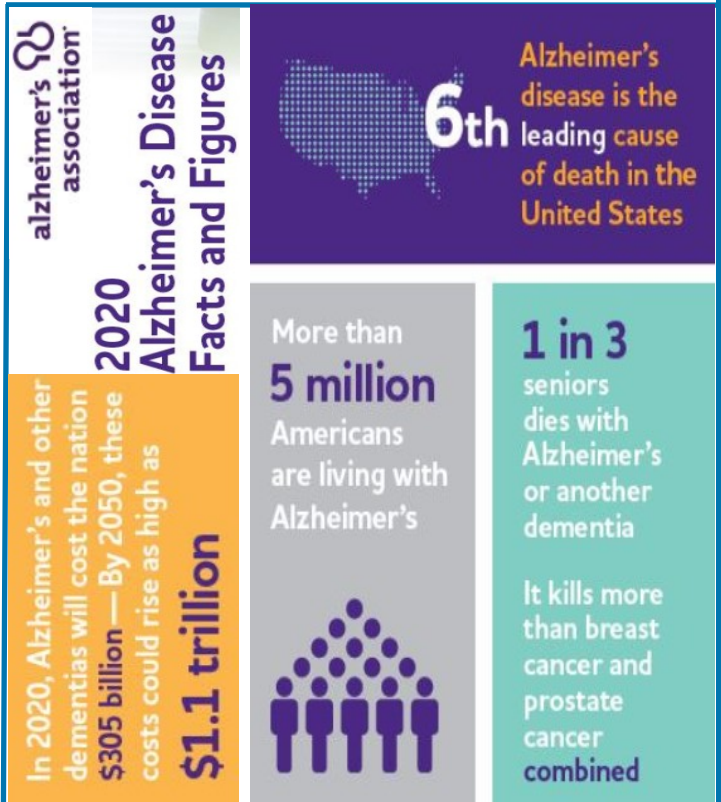
- Begin thinking about your future when you are still a caregiver. Having some long-term dreams and goals will make this transitional time easier.
- Time helps – while you will never forget your loved one, as time passes it will become easier to find your way in life without that person.
- Accept and express your feelings of loss, loneliness and whatever else you may be feeling – keep attending your caregiver support group, join a grief support group or find

a trusted friend to share with. Seek help from a counselor if your grief leaves you overwhelmed by feelings of depression or hopelessness.

- Reconnect with things and people you used to be involved with.
- Look for new challenges – a new job, volunteer work or planning a trip somewhere you've always wanted to go will help you focus on positive things.
- Keep busy, but allow for quiet times to grieve. Reflect on what you've been through, be proud of the good work you did for your loved one and let go of any guilt you may feel.
- Change is the name of the game – reshaping your life and creating a "new normal" is what you need to do, but it is not done overnight. Give yourself time to find your way.

Even if you don't want to think about the death of your loved one, start creating a plan for what your life will be like after caregiving has ended. It isn't selfish to look at the future in which your caregiving role is over; it is simply practical and healthy. Life after caregiving happens, and it may even include a new, fulfilling adventure.

Adapted from an article by Jane Mahoney - Greater Wisconsin Agency on Aging Resources





YOUR BENEFIT NEWS

Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist

Published with permission from the Legal Services Team at the Greater Wisconsin Area on Aging Resources' Elder Law & Advocacy Center



Skilled Nursing Facility Discharge Appeals



In June 2019, Livanta took over as the Medicare Quality Improvement Organization (QIO) for Wisconsin. As a QIO, Livanta reviews Medicare beneficiary discharge appeals from hospitals and skilled nursing facilities. They also investigate Medicare beneficiaries' quality of care concerns from health facilities such as receiving the wrong medication, lack of treatment or improper treatment while in the hospital, or being discharged from the hospital without proper care instructions.

If a Medicare beneficiary has a concern about being discharged from skilled nursing care or rehabilitation services prematurely, the person should call Livanta to appeal. The request does not have to be in writing for it to be accepted. Livanta will review the discharge and makes a determination within 72 hours.

Livanta has reported receiving extremely high numbers of discharge appeals from Medicare beneficiaries. This means Livanta staff are not always able to answer live calls and people may be instructed to leave a voicemail. For purposes of requesting an appeal, it is sufficient to leave a voicemail. In the voicemail, be sure to leave a detailed message with the Medicare beneficiary's name, a call back phone number (cell phone number is preferred—not a facility phone number), and indicate you are appealing a discharge. Livanta will return the call to obtain any further information needed.

For more information, visit Livanta's website <https://www.livantaqio.com/en/states/wisconsin> or call the Helpline number to file an appeal is 888-524-9900.



Need Help with Medicare Costs?



Many people with Medicare find it difficult to afford their monthly expenses. If you have limited income and resources, you may qualify for help paying your Medicare related costs. Medicare Savings Programs (MSP) is a federally funded program administered by each individual state. These programs helps pay some, or all, of the Medicare premiums, deductibles, copayments and coinsurance for those who are eligible.

You may qualify for a MSP if your monthly income is at or below \$1,435 (\$1,939 for a married couple) (*2020 income limits) and your assets are under \$7,860 (\$11,800 for a married couple). If you are enrolled in a MSP, you automatically qualify for Part D Extra Help, a Medicare program that helps people pay for their Medicare prescription drug coverage.

If you want more information or need assistance, contact the Dodge County Benefit Specialists at the Aging and Disability Resource Center (ADRC) at 920-386-3580 or 800-924-6407.



SPARK!...Now on Mondays and Fridays!

Consider joining us for **TWO** opportunities each month to enjoy art and nature in welcoming and comfortable settings throughout Dodge County.



2nd Friday of the Month
2:30 to 4:00 pm

Hosted by UnMasked Expressive Art Therapies
207 N. Spring St. - Beaver Dam

May 8 Topic: Bloom Where You are Planted,
Print a New Garden

June 12 Topic: Van Gogh's Garden

July 10 Topic: Surrealism and Dali or The
Exquisite Corpse and Cooked Telephones



Reservations are required.
Please call the ADRC at
920-386-3580 to register
and check status of event.



3rd Monday of the Month
2:30 to 4:00 pm

Hosted between Master Gardeners,
Dance Now!, and Horicon Marsh

May 18.....Topic: Springtime
Dance Now!



244 Rosendale St. - Beaver Dam

June 15.....Topic: Bird Beaks
Horicon Marsh Education & Visitor Ctr
N7725 Hwy. 28 - Horicon



July 20.....Topic: Zucchini, Zucchini
Everywhere



Dodge County Administration Bldg
127 E. Oak St. - Juneau



**Is it normal aging...
or something else?**

Treatment may be possible.

**Knowledge gives you control. Stay in control of your
life. Can you spare 15 minutes?**

A brain check-up is a wellness tool that helps identify possible changes in memory and cognition. This tool creates a baseline of where you are right now, plus allows you to monitor future changes. Early detection is important.

Brain check-ups will be available to participating libraries the
2nd Tuesday of each month from 12:30 - 3:30 pm.

Annual brain check-ups provide early detection and better treatments - just as blood pressure, cancer, diabetes, and stroke screenings do. Some types of dementia are reversible, like those from nutritional and vitamin deficiencies, depression, thyroid issues, and more.



May 12
Fox Lake Library

June 9
Columbus Library

July 14
Hutchinson (Randolph) Library

For more information or to schedule your brain check-up, call
Rob Griesel at the ADRC of Dodge County at 920-386-4308

◆ All events subject to change ◆ All events subject to change ◆



Alzheimer's Advocacy Day at the Capitol

Wisconsin's Alzheimer's Advocacy Day was held February 11th, 2020 at the state capital in Madison. Joined by 240 advocates from around the state, Dementia Care Specialist for Dodge County, Rob Griesel helped to give a voice for Dodge County residents with dementia and their care partners who could not be there in person. Great information was shared about current legislation and programs around the state as well as things to come. All attendees had the opportunity to meet with their own State Representative and State Senator or staff if not available. Attendees shared personal stories, showed support for those that could not be there, and talked about current challenges they face everyday because of dementia.



Next year this event will take place on Tuesday, February 23, 2021. This year was great and we brought more people together than ever before. Help break that record again and make your voice heard. Please join other advocates from across the state in helping to make this challenging journey better for everyone until there is a cure for all.



Spring has sprung! The days are getting longer and the weather is getting warmer. We hear the beautiful birds chirping and the ducks and geese in the water. It is such a great time of year, with a feeling of all things possible.



With the new season comes some exciting additions at Access to Independence (ACCESS)! We are proud to announce some new additions to our Assistive Technology Program! Our Assistive Technology Program is a program that allows folks out in the community to borrow from an array of items from our loan closet on a three week loan to assist those individuals on being as independent as they so choose.

An exciting item that we have available is the rolling laptop table. The rolling laptop table is ideal for using over a sofa, bed, on floor or elsewhere while using a notebook, reading, writing, eating or drawing. It is fully height adjustable with the tilting mechanism locking into place once set. It is also safe to use with a safety edge-stopper to prevent objects from sliding off when the panel is tilted.

Another item that we have is the Carex Uplift Premium Power Seat. This portable electric lift provides 100% lifting assistance for those who need help standing from their armchair or sofa. The patented Levelift Technology ensures a gentle and safe lift without pushing you forward, and the easy-to-use flexible hand control can be placed wherever it is convenient. Easy to clean, it can be wiped down with soap and water and includes a washable and zippered waterproof cover. The memory foam core helps prevent pressure sores and two ergonomic handles make it perfect to carry around at home or on the go.

To check out these items or other items in our Assistive Technology loan closet, please reach out to us.

TO CONTACT

ACCESS TO INDEPENDENCE

608-242-8484 (phone)

1-800-362-9877 (toll-free)

608-234-4484 (videophone)

info@accesstoind.org

Tax Season Identity Theft

The threat of identity theft exists all year long, but increases during tax season when scammers ramp up attacks. If successful, criminals can open accounts and file fraudulent tax returns in your name, putting you on a long, difficult path to recovery.

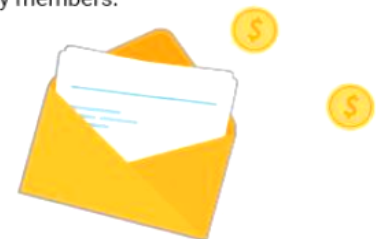


Avoiding ID theft begins by ensuring that your personal information remains private.

That means sharing less on social media and maximizing the security settings of social media accounts, staying alert for phishing attacks that attempt to bait you into clicking on malicious links, and using common sense (you know, like not broadcasting your national ID number on social media).

During tax season, remember that tax collectors won't call you, email you, or text you to ask for a credit card payment for overdue taxes. Scammers will do anything they can to convince their targets to reveal confidential information, including posing as government entities, co-workers, friends, and family members.

If possible, file your taxes early to get a jump on any criminals that might have obtained your personal information. To avoid ID theft all year long, consider placing a freeze on your credit reports, which will prevent anyone from opening accounts in your name.



Here at work, help protect the identities of our clients, customers, and business associates by following our organization's policies and considering the ramifications of what might happen if personally identifiable information ends up in the wrong hands.





TIPS FOR THRIVING DURING COVID-19 ISOLATION

The coronavirus pandemic has complicated the lives of family caregivers, especially those with older loved ones who are most susceptible to COVID-19, the disease caused by the virus. It has added fear, anxiety, and isolation to an already-stressful situation.

Here are some tips to help everyone cope, but especially caregivers.

- **Form a team.** Develop a list of family and friends who can perform daily caregiving tasks.

- **Identify local services.** In response to the virus, many grocery stores, restaurants and pharmacies are adding or increasing their delivery services. All this information is available on the Aging and Disability Resource Center of Dodge County website (<https://www.co.dodge.wi.gov/government/departments-a-d/aging-and-disability-resource-center/covid-19>). If you don't have internet access, call the Aging and Disability Resource Center at 920-386-3580.



- **Inventory essential items.** Determine how much food, medication, and basic supplies you and/or your care recipient have on hand. Try for a two-week supply of food, water, household cleaning supplies, and medical materials and equipment.



- **Get prescriptions in order.** Make sure you have a list of medications, medical contacts, and important information about you and your loved one. The Centers for Disease Control & Prevention (CDC) recommends having an extra 30-day supply of essential medications on hand.



- **Stay connected.** Isolation can be a big issue as we all follow the social distancing guidance from the CDC. Develop a communication plan and identify times when members of your team will check in on you and your loved one. Skype, Zoom, and FaceTime are useful digital apps that can help, but so are lower-tech options like e-mail and telephone calling. You can also send cards, letters, magazines, puzzles, pictures or other items to keep in touch.

- **Protect yourself.** Follow the CDC guidelines of washing hands frequently, avoiding crowds, practice social distancing and, if you feel sick, by all means stay home. Like they tell you on an airplane, "Put your own mask on first." Now more than ever, it is important for family caregivers to take care of themselves.



- **Plan some new activities.** To keep from getting bored or frustrated, try some new activities, or maybe even some old activities you haven't tried for a while – checkers, puzzles, even some adult coloring, or write that letter you meant to write at Christmas.



The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I'd like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

Name _____

Address _____

City _____ State _____ ZIP _____

☐ I have a change of address

Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039





Disability Benefit Specialist News

Submitted by Ashley Sanborn, DBS

What Is The Census?

Every 10 years, the United States government counts everyone in the country. We will have a census in 2020. The census asks one person in every household to answer a few questions. You can answer the questions online, by phone, or by mail.

In March, the Government will send each household a letter in the mail.

In May – July, Census takers will begin visiting homes that have not yet responded to the 2020 Census. People who live in a group facility such as a nursing home, group home or shelter are counted through the "Group Quarters" process.

Beginning in April, Census staff will work with facility staff to set up a date and time. Residents will not receive a mailing.

Why Is The Census Important For People With Disabilities?

Money for Services and Programs.

Census results are used by federal, state and local government to make funding decisions for services and programs important to people with disabilities. This includes education, housing, transportation, mental health, health care, and other services. Completing the census helps your community receive the funding they need.

Representatives in Congress.

The government will use 2020 Census results to determine how many Congressional Representatives each state should have. If people don't fill out the Census, a state might get fewer Representatives. The Census influences

where the boundaries of legislative, school, and voting districts are drawn.

The 2020 Census Should Be Accessible for Everyone

If you have blindness or low vision, you can print a guide to the questionnaire in braille or large print from [2020CENSUS.GOV](https://2020census.gov). If you have deafness or hearing loss, you can:

- Respond to the census by using telephone devices for hard of hearing.
- Access video guides in American Sign Language on [2020CENSUS.GOV](https://2020census.gov).
- View online videos and webcasts with closed or open captioning.
- Request a visit from a census taker who uses American Sign Language.

How to Avoid Fraud

It's important to respond to the Census - but sometimes you may receive a fake call, mailing, email or visit. **If you have concerns**, contact the Census Bureau Regional Office at 1-800-865-6384.

These tips can help you tell if the info is the real thing:

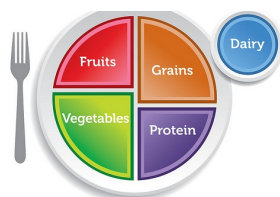
- The US Census Bureau will never ask for your full social security number, bank account number, passwords, or money.
- The US Census Bureau will **mail** you an invitation to respond online to the 2020 Census between March 12–20. A reminder letter and postcard will be sent to those who do not respond. They will not send you unsolicited emails.
- If a census taker comes to your door, ask to check their identity. Census takers must present an ID badge that includes their photograph, a Department of Commerce watermark and an expiration date.

The #2020Census counts: Be counted!





Senior Dining Menus



**MEAL ITEMS ARE
SUBJECT TO CHANGE
DUE TO
CIRCUMSTANCE**

Call or **920-386-3580** or
800-924-6407 the day
before to register for
a hot, noon meal

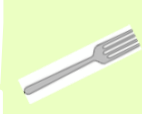
	Mon	Tues	Wed	Thurs	Fri
A P R I L			1 Pepper Steak Baked Potato	2 Smoked Sausage Garlic Mashed Potatoes	3 Spinach Lasagna Mixed Italian Salad
	6 Chili Casserole Broccoli Cuts	7 Pork Steak Mashed Potatoes	8 Baked Chicken Twice Baked Potato	9 Escalloped Potatoes & Ham Spinach Salad	10 CLOSED Good Friday
	13 Glazed Ham Squash	14 Chicken Cacciatore Baby Red Potatoes	15 Salisbury Steak Mashed Potatoes	16 Chicken, Broccoli, & Rice Casserole Tossed Salad	17 Hamburger on Bun German Potato Salad
	20 Swiss Steak Mashed Potatoes	21 Sweet & Sour Meatballs Baked Potato	22 Baked Chicken Garlic Mashed Potatoes	23 Bratwurst on Bun Baked Beans	24 Mushroom Pork Cutlet Mashed Potatoes
	27 Orange Chicken Baby Red Potatoes	28 Roast Beef Mashed Potatoes	29 Ham Rolls Sweet Potato Bake	30 Roast Turkey Mashed Potatoes	

	Mon	Tues	Wed	Thurs	Fri
M A Y					1 Cranberry/Kraut Meatballs Baked Potato
	4 Chopped Steak in Burg/Mush Sauce Mashed Potatoes	5 Chicken Marsala Baby Red Potatoes	6 BBQ Pork Cutlet Calico Bean Casserole	7 Liver and Onions Garlic Mashed Potatoes	8 Beef Frank on Bun German Potato Salad
	11 Country Fried Steak Mashed Potatoes	12 Beef Stroganoff Spinach Salad w/ Rasp. Vinaigrette	13 Honey Mustard Meatballs Baked Potato	14 Chicken Breast Mashed Potatoes	15 Roast Pork Loin Mashed Potatoes
	18 Baked Chicken Twice Baked Style Potatoes	19 Glazed Ham Sweet Potato Bake	20 Meatloaf Baked Beans	21 Lasagna Casserole Mixed Italian Salad	22 Teriyaki Chicken Baby Red Potatoes
	25 CLOSED Memorial Day	26 Meatloaf Baked Potatoes	27 Baked Chicken Garlic Mashed Potatoes	28 Pork Steak Mashed Potatoes	29 Chicken, Broccoli, & Rice Casserole Tossed Salad

	Mon	Tues	Wed	Thurs	Fri
J U N E	1 Swiss Steak Mashed Potatoes	2 BBQ Meatballs White Bean Salad	3 Roast Pork Loin Mashed Potatoes	4 Baked Spaghetti Mixed Italian Salad	5 Smoked Sausage Baked Potato
	8 Pork Jaegerschnitzel Mashed Potatoes	9 Beef Stew Spinach Salad w/ Rasp. Vinaigrette	10 Baked Chicken Twice Baked Style Potato	11 Hamburger on Bun German Potato Salad	12 Chicken Marsala Baby Red Potatoes
	15 Meatloaf Baked Potato	16 Swedish Meatballs Mashed Potatoes	17 Pepper Steak Brown Rice Tossed Salad	18 Chicken Tetrazinni Winter Blend Vegetables	19 Pot Roast Baby Red Potatoes
	22 Chicken Breast Mashed Potatoes	23 Ham Rolls Sweet Potato Bake	24 Chopped Steak in Burg/Mush Sauce Mashed Potatoes	25 Sweet & Sour Pork over Brown Rice Chinese Ramen Salad	26 Roast Turkey Mashed Potatoes
	29 Baked Chicken Garlic Mashed Potatoes	30 Escalloped Potatoes and Ham Tossed Salad			



NUTRITION FIT BITS!



Juneau and Beaver Dam Community Gardens Plots are Available to Rent to Promote Gardening in Dodge County



There are gardens in Juneau as well as Beaver Dam that are for rent this season for those living in those communities who want to test out their green thumb. Whether you are an apartment dweller, have a tree covered property and unable to have a garden, or want to try something new...and maybe even a little therapeutic, these garden plots may be the right option for you!

The community gardens come in square foot plots. Juneau has either 5x15' or 5x20' garden plot options and Beaver Dam has 20x20' garden plots. There are raised bed gardens for those with bending limitations. Community gardens are asked to remain organic. Organic gardeners do not use synthetic fertilizers or pesticides on their plants. They typically rely on pesticides and fertilizers derived from plants, animal wastes, and minerals. The methods used in organic gardening seek to increase soil fertility, balance insect populations, and reduce air, soil, and water pollution.

Newcomers are welcomed! The Dodge County Master Gardeners (920-386-3790) have available services to aid those who are just starting out. Interested individuals can reserve a plot at either the Juneau or Beaver Dam Community Garden by calling the corresponding phone numbers:

GARDEN



Juneau Community Garden - 920.386.4465

BD Community Garden - 920.887.2440



A Recipe Straight from Your Garden



Radish, Carrot, & Cilantro Salad



INGREDIENTS

- 1^{1/2} lbs. thinly sliced radishes
- 1^{1/2} lbs. thinly sliced medium carrots
- 6 green onions, chopped
- 1/4 C. coarsely chopped cilantro

TO MAKE DRESSING:

- 1 tsp. grated lemon zest
- 1 tsp. grated orange zest
- 3 T. lemon juice
- 3 T. orange juice
- 1/2 tsp. salt
- 1/4 tsp. pepper

mmm...
yum

DIRECTIONS

In a large bowl, combine radishes, carrots, onions, and cilantro.

In a small bowl, whisk dressing ingredients until blended. Pour over salad; toss to coat.

Refrigerate, covered, at least 1 hour before serving.

Serving Size: 2/3 cup
Calories: 51

Bright carrots and radishes pop in this citrusy salad.



CALENDAR OF ADRC EVENTS

For more
information
or to register
for events,
please call
the ADRC.

Due to the COVID-19 public health event, all events that were to be held in the month of April have been canceled. We are hopeful that these beneficial programs can be resumed real soon. Please call the ADRC for recent developments as to the status of your favorite ADRC event. Stay safe!

NOTE: Powerful Tools for Caregivers and Stepping On were postponed but hope to have a reschedule date for the Fall. Call the ADRC to be placed on our contact list.

May 8 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Bloom Where You are Planted, Print a New Garden)
Held at UnMasked Expressive Therapies in Beaver Dam the 2nd Friday of the month

May 18 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Springtime)
Held at the Dance Now! in Beaver Dam
Meets at various locations in Dodge County the 3rd Monday of the month.

May 21 from 4-7 pm

Welcome to Medicare Workshop (60+)
Open to any persons who are or will be eligible for Medicare in the upcoming months. Held at the Henry Dodge Office Building in Juneau

May 12 from 12:30-3:30 pm

Brain Check-Ups (NEW! program)
Meets the 2nd Tuesday of month at participating local libraries. Held at Fox Lake Library.

June 9 from 12:30-3:30 pm

Brain Check-Ups (NEW! program)
Meets the 2nd Tuesday of month at participating local libraries. Held at Columbus Library.

June 12 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Van Gogh's Garden)
Held at UnMasked Expressive Therapies in Beaver Dam the 2nd Friday of the month

June 15 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Bird Beaks)
Held at Horicon Marsh Education & Visitor Center in Horicon. Meets at various locations in Dodge County the 3rd Monday of the month.

June 15 from 1-4 pm

Welcome to Medicare Workshop (60+)
Open to any persons who are or will be eligible for Medicare in the upcoming months
Held at the Henry Dodge Office Building in Juneau

July 7 from 9 am-Noon

Brain Check-Up (NEW!)
The Dodge County and Jefferson County Dementia Care Specialist (DCS) are holding a joint Brain Check-Up. Held at Heritage Homes in Watertown.

July 10 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Surrealism and Dali or The Exquisite Corpse and Cooked Telephones)
Held at UnMasked Expressive Therapies in Beaver Dam the 2nd Friday of the month

July 14 from 9am-Noon*

Welcome to Medicare Workshop (ALL AGES*)
Open to any persons who are or will be eligible for Medicare in the upcoming months. Held at the Henry Dodge Office Building in Juneau.

July 14 from 12:30-3:30 pm

Brain Check-Ups (NEW! program)
Meets the 2nd Tuesday of month at participating local libraries. Held at Hutchinson Library in Randolph.

July 20 from 2:30-4 pm

SPARK! Cultural Programming for People with Memory Loss (Topic: Zucchini, Zucchini Everywhere)
Held at the Administration Building in Juneau. Meets at various locations in Dodge County the 3rd Monday of the month.

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